

**Exhibit D**

The Table below gives an explanation to help you understand how a person loses (or gains weight)  
( To better read and understand we recommend that you print this page and the following page)

Table for Daily Calorie Requirement of food  
for **Weight Maintenance** and for **Weight Loss**

Male Example Male 5'10 tall 40 years old Weight & Daily weight maintenance calories varies as below	Female Example Female 5'6" tall 40 years old Weight & daily weight maintenance calories varies as below	Goal Weight	Recommended Daily Food Intake in Calories for healthy weight loss
220 pounds 2046 cal/day	220 pounds 1696 cal/day	200 pounds	1300 calories per day
210 pounds 1984 cal/day	210 pounds 1653 cal/day	190 pounds	1200 calories per day
200 pounds 1922 cal/day	✓ 200 pounds 1610 cal/day	180 pounds	1100 calories per day
190 pounds 1860 cal/day	190 pounds 1567 cal/day	170 pounds	1000 calories per day
180 pounds 1798 cal/day	180 pounds 1524 cal/day	160 pounds	1000 calories per day
170 pounds 1736 cal/day	170 pounds 1481 cal/day	150 pounds	1000 calories per day
160 pounds 1674 cal/day	160 pounds 1438 cal/day	140 pounds	900 calories per day
150 pounds 1612 cal/day	150 pounds 1395 cal/day	130 pounds	800 calories per day
140 pounds 1550 cal/day	140 pounds 1352 cal/day	120 pounds	700 calories per day
130 pounds 1488 cal/day	130 pounds 1309 cal/day	110 pounds	600 calories per day

**Explanation of Table Contents:**

In the tables above note the following:

1. Men require more daily food calories than women to maintain their weight.
2. **To lose one (1) pound per week** which is generally considered a healthy rate of weight loss anyone needs to "lose" or "burn off" **500 calories per day**. Since there are 3500 calories in one (1) pound of body fat if anyone loses or burns off 500 calories per day for 7 days they will lose one pound in one week or seven days ( $7 \text{ days} \times 500 \text{ calories} = 3500 \text{ calories} = 1 \text{ pound}$ ).
3. For any woman to lose at this rate which is agreed to be "healthy" if her goal weight is 170 pounds or less she must restrict her daily food calorie intake to 1000 calories per day. If the goal weight is less the daily calorie requirements are even less decreasing to 600 calories per day for a 110 pound goal weight. **[Click here to continue to the next page](#)**